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Wednesday, October 4, 2017 metro.us | t: MetroPhilly | f: MetroPhilly

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FIVE FOR FIGHTING

The youth movement is finally here, as the Flyers will carry five feisty young rookies on their roster as the puck drops on 2017-18 tonight. 18-20

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EVAN MACY, SPORTS EDITOR

The puck drops on another NHL season tonight, in a West Coast game between the Flyers and Sharks (10:30 p.m. on NBCSN) and the optimism level is high. Will Philly contend for a Stanley Cup? Probably not. But this team — which boasts 11 players with three years or less NHL experience on the roster — has high potential and could eventually comprise the next bunch to lift the Cup. Expect the Flyers to be in the mix for a playoff spot and perhaps make some noise in the spring. metro Philly.us

US ORDERS EXPULSION OF 15 CUBAN DIPLOMATS

The Trump administration ordered the expulsion of 15 Cuban diplomats after pulling more than half of its own embassy staff out of Havana last week, further escalating tensions between the United States and Cuba. Secretary of State Rex Tillerson said the latest decision was made due to Cuba's "failure to take appropriate steps" to protect American personnel in Cuba who have been targeted in mysterious

"attacks" that have damaged their health. The steps taken by President Trump's administration mark another blow to his predecessor Barack Obama's policy of rapprochement between Washington and Havana. A State Department official said the number of expulsions ensured that the U.S. and Cuban embassies would have "equitable staffing levels" while investigations continue into the unexplained "health attacks."

YAHOO SAYS ALL 3 BILLION ACCOUNTS HACKED IN 2013

2 Yahoo, now part of Verizon Communications Inc. said that an investigation showed all three billion of its user accounts were affected in a 2013 data theft, tripling its earlier estimate of the largest breach in history. However, the company said the investigation indicated that the stolen information did not include passwords in clear text, payment card data, or bank account information. Yahoo said last

December that data from more than 1 billion user accounts was compromised in August 2013. Verizon in February lowered its original offer by \$350 million for Yahoo assets in the wake of two massive cyber attacks at the internet company. The closing of the deal, which was first announced in July, had been delayed as the companies assessed the fallout from two data breaches that Yahoo disclosed last year.

5 THINGS YOU NEED TO KNOW



MEMORIAL

3 Matthew Helms, who worked as a medic the night of the shooting, visits a makeshift memorial for the victims of the mass shooting, on the north end of the Las Vegas Strip on Tuesday.

CATALANS STAGE PROTESTS AND STRIKE

4 Tens of thousands of people took to the streets of Catalonia and road traffic, public transportation and business were disrupted on Tuesday in protest against Sunday's violent crackdown by Spanish police on an outlawed independence referendum. Metro stations shut down in Barcelona, pickets blocked dozens of roads and state workers walked out in response to a

call for a general strike by pro-independence groups and trade unions. FC Barcelona, the city's football club, joined the strike, saying it would close for the day and none of its teams would train. Carmaker SEAT was forced to shut a production line. Catalonia, Spain's richest region, has its own language and culture and a political movement for secession that has strengthened in recent years.

FORMER EQUIFAX CHIEF APOLOGIZES TO CONGRESS

5 The former head of Equifax Inc. apologized repeatedly on Tuesday at a congressional hearing for the theft of millions of people's personal data in a hacking breach, saying it took weeks for the credit bureau to understand the extent of the intrusion. Richard Smith retired last week, but the 57-year-old executive led the company over the time of the hack, which Equifax acknowledged in early

September. Late on Monday, Equifax said an independent review had increased the estimate of potentially affected U.S. consumers by 2.5 million to 145.5 million. In March, the U.S. Department of Homeland Security alerted Equifax to an online gap in security but the company did nothing, said Smith. "The vulnerability remained in an Equifax web application much longer than it should have," Smith said.

POLL

Pew found that 83 percent said they consider gun violence in the U.S. a big problem.

83%



Source: Pew Research Center

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Raid seizes enough fentanyl to kill half the population of Montco

Montgomery County authorities seize a kilogram of the deadly drug.



SAM NEWHOUSE
@scnewhouse
sam.newhouse@metro.us

They say that just two to three milligram of fentanyl can kill.

So when drug and law enforcement agents in Montgomery County stumbled upon a kilogram of fentanyl allegedly trafficked to the area from New York City,

they were literally sitting atop a pile of poison that could potentially kill half a million people.

"This seizure has without a doubt saved many lives," Montgom-

ery County DA Kevin Steele said Tuesday, after announcing the seizure of the kilo and related arrests of three alleged drug traffickers. "This one kilo contained anywhere between 333,000 and 500,000 fatal doses."

Lincoln Payano Del Orbe, 25, Christina Mota Soto, 29, both of Philadelphia, and Wilbert Taveras Payano, 33, of the Bronx, New York City, were arrested and are charged with possession with intent to deliver for allegedly knowingly selling fentanyl — unlike many dealers caught selling fentanyl-laced heroin, who typically deny knowing they were selling the drug.

In Montgomery County alone, 249 overdoses were reported in 2016, with 108 of those deaths involving fentanyl. Pure fentanyl is some 40 to 50 times stronger than heroin. So far in 2017, the number of overdoses in Montco are continuing at the same rate, but the portion attributed to fentanyl is growing, and is now involved in more than 50 percent of the deaths, Steele said.

"Fentanyl is being sold wittingly, as in this case, and unwittingly, and it is

the most frequent mechanism of death we are facing," he said.

Overdose numbers are steadily ticking up nationwide. There were an estimated 52,404 overdoses in the U.S. in 2015. In Philly, there were more than 900 overdoses in Philly in 2016 — almost three times the number of homicides that year.

On July 11, a confidential informant allegedly purchased 15 grams of what was supposed to be heroin from defendant Soto for \$1,000 as a "sample," according to law enforcement. Instead, the informant received pure fentanyl, with no heroin present, police say. Soto texted the informant that the sample was "synthetic" and needed to be mixed with other drugs to lessen its strength, according to investigators.

Agents then staged a \$64,000 purchase of one kilo in the parking lot of a Home Depot at the Cheltenham Shopping Mall on July 24, after which Soto was arrested. Del Orbe was arrested Aug. 21, and Payano was taken into custody Sept. 20 in the Bronx.

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A Montco lab tech shows how much fentanyl is required to equal the potency of heroin. MONTCO DA'S OFFICE

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Silent struggle: Unstoppable invasive plants are reshaping Philly's ecosystem

Non-native plants are gradually eradicating biodiversity and creating monocultures.



SAM NEWHOUSE
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There is a war going on around Philly, but one without guns or bombs.

The enemy has been advancing for decades without public panic. And slowly but assuredly, they are winning.

The foe? English ivy, creeping vines and other invasive plants that are

gradually asserting their dominion over local parks and green spaces by crushing plant diversity and eradicating native plants.

"It is definitely a massive problem, one that we've been addressing, I'd

say, for the past 20 years," Karen Flick, landscape manager at Awbury Arboretum in North Philly, said of English ivy, which can kill trees and is only one of the many invasives assaulting their 55 acres.

"We've started specifically training people to be able to come on their own to help remove the English ivy from the trees and keep it down," Flick said. "While it seems like just a basic plant that everybody in Philadelphia sees within a block of themselves, it really does a whole lot of damage."

Ivy and other woody vines grow by elevating themselves up along trees and producing berries. The vines over time suffocate a tree until it eventually collapses. They typically fall in the woods, but just a few years ago, a Germantown home's back porch was smashed by an ivy-choked tree in the backyard.

"These vines climb trees, strangle them, girdle them, then make them so heavy, they pull them down when you get an ice storm," said Dr. Douglas Tallamy, author of "Bringing Nature Home" and a professor at the University of Delaware. "They're whittling away out beleaguered forests."

Most people don't think of invasives as a serious or urgent problem. After all, ivy and many other invasive, non-native plants, which originated countries from Asia to Europe, are still sold in

"These plants are not doing their ecological job in terms of supporting other life."

Dr. Douglas Tallamy

stores in Pennsylvania and are still planted, often for aesthetic reasons.

But Tallamy and others said they should be illegal, like in Oregon, where ivy was banned after overrunning local forests.

"It's like buying a tumor, putting it in your body, and wondering why you get sick," Tallamy said of planting invasives. "They can out-compete native plants, because they don't have any of their natural enemies here, none of the diseases or insects that kept them controlled where they were."

For example, monarch butterflies exclusively eat milkweed, a native that invasives can eradicate. Other animals, like deer, won't eat ivy but still eat native plants, further tipping the balance.

"These plants are not doing their ecological job in terms of supporting other life," Tallamy said. "We have wide-scale food webs that are starting to collapse."



Landscape manager Karen Flick points out damaging English ivy on trees in the Awbury Arboretum in Germantown. CHARLES MOSTOLLER



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IS THE 'DELAWARE STOP' RIGHT FOR PHILLY?

While Philadelphia debates its new Vision Zero Action Plan, our southern neighbor, Delaware, is about to pass a package of bills collectively referred to as the Bicycle Friendly Delaware Act, which will include a Stop as Yield law, likely making Delaware the second state in the country to do so.

Here's how it works: Most cyclists slow down when they approach stop signs, look left, right, then left again, make sure the coast is clear, then proceed (usually while continuing a slowed forward motion). The law simply OKs that.

Why does this make sense? Because cyclists who stop at stop signs often find themselves in a lose-lose situation. If they stop, the driver behind them may get restless, honk their horn, or create another unsafe scenario; if they roll through a stop sign (even if they do so safely), they get ridiculed

RANDY LOBASSO

Analysis



as a scofflaw, and may further anger drivers — who are, by and large, the most dangerous people on our streets with the most dangerous weapons.

A safe yield could help solve these problems.

The Idaho Stop doesn't allow cyclists to "blow through" the sign without looking, and the fine for doing so in Idaho is actually higher than the fine for running a stop

sign in Philadelphia.

As much as it angers people critical of cyclists, yielding at a stop sign isn't dangerous if the cyclist acts conservatively, and, in the advocacy process to move the Bicycle Friendly Delaware Act forward, the Delaware State Police agreed.

To get the State Police buy-in, the Delaware Yield does not include traffic signals (red lights) and only applies on roads with two travel lanes. But that includes most city streets and most suburban/rural roads where yielding makes sense versus a complete stop with no exceptions.

To be clear, a similar Stop as Yield law is not part of the city of Philadelphia's recently unveiled Vision Zero Action Plan. But maybe this sensible alternative to forcing cyclists to adhere to laws not originally written for them is worth looking at.

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EILEEN B. DAVIES
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Clinical Trial Center of Philadelphia is a subsidiary of Main Line Fertility Center

What House Republicans' latest attempt at eroding abortion rights means for women

The Republican-controlled House passed a bill on Tuesday that would ban abortions after 20 weeks of pregnancy, though the bill still faces a tough battle in the Senate before it could become law.

Exceptions could be granted in cases of rape and incest, but doctors who perform abortions past the 20-week mark would be liable for fines and up to five years in jail if the bill, called the Pain-Capable Unborn Child Protection Act, is signed into law. The bill would not penalize women seeking abortions.

The bill is based on the theory that a 20-week-old fetus can feel pain, though critics have called research supporting this theory "junk science" — in fact, the best available science suggests fetuses can't feel pain until well after the 20-week mark.

Rep. Trent Franks, an Arizona Republican, who sponsored the bill tweeted about the bill



House Republicans passed a bill that would make it illegal for women to get abortions after 20 weeks.
WIKIMEDIA COMMONS

on Monday using the hashtag #TheyFeelPain.

"It's science: Unborn babies feel pain by at least 20 weeks. Late, dismemberment abortions are too extreme for America," he wrote.

But people in the medical community said he's wrong.

"There's actually conclusive evidence that shows that the neurologic structures in a fetus aren't completely laid down and working yet until much further along in pregnancy, we think even the third trimester," said

Jennifer Conti, a clinical assistant professor and OB-GYN at Stanford University and a fellow with Physicians for Reproductive Health, told Vox.

"[Twenty weeks] is just an arbitrary limit set in place by politicians that has no medical or scientific backing," she said. Some version of a 20-week abortion ban already exists in 20 states.

It's unlikely the bill will become federal law, as it would need to pass the Senate with a 60-vote majority. Opponents of the bill, however, say harm can be done even if the bill never gets signed.

"By even putting this issue on a national platform, you're misleading the American people," Conti said to Vox, noting the bad science behind the bill could influence women's decisions on whether or not to get an abortion. "You're really providing false and dangerous information that is affecting millions of women." ERIN TIERNAN



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10 NEWS

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WEDNESDAY, OCTOBER 4, 2017

Motive for Las Vegas concert massacre baffles investigators

The closest Stephen Paddock appeared to have ever come to a brush with the law was a traffic infraction, authorities said.

Law enforcement officials puzzled on Tuesday over what motivated a retiree with no record to assemble an arsenal in a high-rise Las Vegas hotel and rain gunfire onto a outdoor concert for nine minutes, killing at least 59 people.

The gunman, identified as Stephen Paddock, ended Sunday night's shooting spree, the deadliest in modern U.S. history, by killing himself. He left an arsenal of 49 guns but no clear clues as to why he staged the attack on a crowd of 20,000 from a 32nd floor



Stephen Paddock in an older photograph. GETTY IMAGES

window of the Mandalay Bay hotel.

Paddock fired on the crowd for nine minutes, Clark County Sheriff Joseph Lombardo told reporters on Tuesday, adding that investigators have identified all but three of the victims.

Federal, state and local investigators have found no evidence that

Paddock, 64, had even incidental contacts with foreign or domestic extremist groups, and reviews of his history show no pattern of law-breaking or hate speech, a U.S. homeland security official said on Tuesday.

"We cannot even rule out mental illness or some form of brain damage, although there's no evidence of that, either," the official said, speaking on the condition of anonymity.

Paddock had set up multiple cameras in the hotel room from which he launched his attack, Lombardo said.

Lombardo also said investigators wanted to talk with Paddock's girlfriend and live-in companion, Marilou Danley, who he said is in the Philippines. REUTERS



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Trump administration may cut programs that aim to prevent domestic terrorism

President Donald Trump's proposed budget is coming under new scrutiny this week in the wake of the Las Vegas shooting, as it proposes to cut millions from programs that work to prevent domestic terrorism and prepare law enforcement to respond.

The Las Vegas Police Department has been heralded for its quick response to the shooting — a sentiment repeated by Trump on Tuesday, who called LVPD response a “miracle.”

“How quickly the police department was able to get in was really very much of a miracle,” Trump told reporters.

The LVPD received a \$500,000 grant from the Countering Violent Extremism grants — a program would not be funded at all next year under Trump's budget plan.

The Trump administration has denied any intention to defund counterviolent extremism programs



President Trump has proposed cutting funding from domestic terrorism programs. GETTY IMAGES

at home, saying they are developing new strategies on moving forward.

“We really intend to elevate and amplify our terrorism prevention efforts in a big way, because the threat environment is serious, we’re taking it seriously and we’re doing a full end-to-end review of what we do on terror-

ism prevention to make sure that our efforts are effective,” an unnamed official told CNN. “We do not intend to focus our terrorism prevention efforts exclusively on one ideology. DHS is committed to combating both domestic terrorism and international terrorism and bolstering efforts for both.” ERIN TIERNAN

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Meghan & Harry are 'practically' engaged

I'm not saying Meghan Markle and Prince Harry are engaged, but I'm not not saying they're engaged. Ya dig?

E! News reports that the "Suits" star and Hot Ginger Prince are steadily making their way toward a ring-on-it situation — so much so that they're practically engaged already. Practically does not mean actually, though, so it honestly sounds like they're in the same place that they were, say, last week.

"While Meghan may not be wearing a ring or a formal engagement announced, it's fair to say they're as good as engaged now," a source close to the couple tells the outlet.



The happy kind of engaged couple.

"They've spoken about their marriage plans openly with each other and friends and family around them are pretty much thinking about wedding attire already!" OK, good to know we're still getting really far ahead of ourselves.



RACHAEL VAUGHAN CLEMMONS
@rachaelclemz
rachael.clemmons@metro.us

Tyra Banks is single now

Tyra Banks and her beau-slash-baby daddy, Erik Asla, have called it quits. Insert some commentary like, another one bites the dust, love is dead, etc.

The couple had been together for five years and share a son, York Banks Asla.

The "America's Got Talent" host and Asla are reportedly remaining friends, with Banks continuing to work with Asla professionally — even

though he's already moved out of their Los Angeles mansion.

"It came drama-free," a source close to Banks tells Page Six. "They're co-parenting their young son."

Well, the cynic in me is like, nothing ever lasts, we're all going to die at the end anyway. But I want the best for Ty Ty! Here's hoping she can find comfort in a sequel to "Life Size" with Lindsay Lohan. LiLo could use the work, for sure.



Join me in shedding one single, beautiful tear.
ALL PHOTOS GETTY IMAGES UNLESS OTHERWISE STATED

Kate Winslet 'never fancied' Leo DiCaprio

Kate Winslet is opening up. Apparently, she "never fancied" Leonardo DiCaprio and girl, same. I just don't get the appeal, to be honest.

The two actors that everyone has shipped are just really good friends, OK? "For Leo and I, I think it was seven months of very intense work," Winslet said on Tuesday of filming "Titanic."

"We were both really young, and luckily — and this is the fortunate thing — we never fancied each other," the



That makes two of us, Kate.

41-year-old continued. "I know that's really annoying to hear, I'm sorry, but we really never did."

But don't worry — just because they never wanted to feel each other up in their off time doesn't mean that they aren't the best of friends now. "You don't even want to know the last conversation we had,"

Winslet said in Glamour's October issue. "Because it was so funny and made me laugh so much." You're right, I don't!

Cool about your friendship, though.

The second most-boring Hilton is engaged



This rich dude looks like a poor man's Aaron Carter.
INSTAGRAM/JO TESSA_VONWALDERDORFF

The second-least controversial Hilton — Barron Hilton II — is engaged to be married. OK!

Page Six reports that the Hilton heir — younger brother to Paris and Nicky, older brother to the very troubled Conrad — proposed to his longtime girlfriend last week by the pond in Central Park, because of course he did. She is a socialite, and her name is Tessa Gräfin von Walderdorff. Which is

frankly more "Gossip Girl" than "Gossip Girl" was. And you thought Serena van der Woodsen was pure tomfoolery.

The couple plans to marry next year, and will likely continue to post inane pictures of each other on their respective Instagrams in the meantime. Barron's parents, Rick and Kathy Hilton, are reportedly "delighted about the engagement, as are his sisters, Paris and Nicky."

And that concludes your bimonthly update on the Hilton family. You're welcome.

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Kendrick Lamar spoke at the Forbes Under 30 Summit in Boston on Tuesday. ALL PHOTOS GETTY IMAGES



The rapper opened up about meeting President Obama.

Kendrick Lamar finds inspiration in Colin Kaepernick

"Ultimately, you want to be a person that stands for something."

MATT JUUL
@MetroPhilly
letters@metro.us

Kendrick Lamar praised Colin Kaepernick during a keynote discussion at the Forbes Under 30 Summit in Boston on Tuesday afternoon.

While speaking to a crowd of hundreds who showed up for the event at City Hall Plaza, the

Grammy-winning rapper gave the former 49ers quarterback a shout out for standing up for a what he believes in with his national anthem protest.

Lamar told the audience that he hopes to make a similar impact with his legacy.

"Ultimately, you want to be a person that stands for something," Lamar said. "Whether the plan works or not, I want to be remembered as that. Same thing with Colin Kaepernick."

The hip-hop star added, "They think he's going to give up, but he wants to stand for something."

Lamar went on to say that he's been inspired by Kaepernick — who hasn't been signed by a team yet for the 2017 NFL season — to focus his efforts on influencing the next generation, rather than listening to the haters.

"If I quit what I'm doing or feel like I can't go no longer because I have naysayers out there or I feel a little discouraged,

I got to think beyond the moment," Lamar said. "You have to look at it from a base of, 'What do you want to be remembered for?'

Simple as that." The "Humble" rapper also

opened up about

spending time with President Barack Obama.

Aside from giving the former president a new nickname of "Big Barack," Lamar praised Obama for allowing him and other "urban acts" to visit the

White House during his tenure in the Oval Office.

The music superstar called it an honor to talk with the former commander-in-chief.

"These are the secret gates," Lamar said. "Our ancestors, they're looking down on us, and to acknowledge that inside the house and talking to him, I can only imagine how he feels, not how I feel. He's the gatekeeper letting me inside there, letting me know certain things."



Colin Kaepernick

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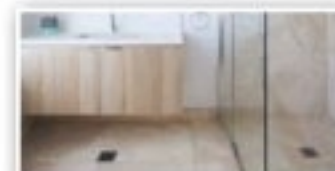
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Check out the food coming to The Bourse Marketplace

Did someone say
dumplings?



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New York has Chelsea Market and Washington has Union Market, so it's only natural that Philly steps up to the plate with The Bourse Marketplace. On Monday, MRP Realty announced the first round of signed tenants for the new space, which is apart of the redevelopment of the Bourse and set to open in the summer of 2018.

"The Bourse is an amazing building with a rich history of its own that dates to the 1890s on Independence Mall, since before there was an Independence Mall," says Charles McGrath, managing director of MRP Realty. "We are



Jacob Itzkowitz (executive director of Old City District), Laura Burkhardt (VP of Visitor Appeal, Visit Philly), Sheila Hess (city representative) and Mark Squilla (district councilman for First District) attended Monday's press conference.

excited to restore and reveal the original architectural charm and detail that The Bourse holds."

If you're looking for a place to grab food or drinks in the Old City neighborhood, this will definitely become a prime spot. Here are the first few vendors that have been announced:

Bluebird Distilling

This Phoenixville-based distillery comes to The Bourse Marketplace with a full craft cocktail bar and retail store.
bluebirddistilling.com

Chaat and Chai

This Craig LaBan favorite features Indian street food from Chef Anney Thomas. chaatandchai.com

Chocodiem

Love artisanal chocolates? This Easton-based shop handcrafts its from Belgian recipes that will make anyone's day sweeter.
chocodiem.com

Grub House

This South Philly staple offers breakfast seven days a week as well as an all-day dining menu.
grubhousephilly.com

Ka'moon

You may not know how to walk like an Egyptian but you can sure eat like one at Ka'moon. The team behind the Taza Truck in Easton is behind this fast-casual, Halal-prepared Egyptian concept coming to The Bourse Marketplace.
thetazatruck.com

Pinch Dumplings

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Pinch Dumplings opens its first Philly location outside its home in Washington, D.C. Using organic and local ingredients, the dumplings are made daily.
pinchdumplings.com

Prescription Chicken Need more soup in your life? Prescription Chicken is also coming to The Bourse Marketplace with its signature chicken-based soups along with homemade yogurt bowls.
prescriptionchicken.com

Vera Pasta You can never have enough pasta. This fast-casual spot serves it made to order along with Italian wines and pasta-to-go.
verapasta.com

Olive with a Twist Love cheese plates and charcuterie? Olive with a Twist has locations in Easton, Frenchtown and Basking Ridge, New Jersey, but is opening up a shop at The Bourse Marketplace as well. They'll be a great stop

to pick up snacks for in-office parties as well as buying last minute gourmet gifts.
olivewithatwist.com

Baby Buns Aside from having an adorable name, Top Chef's Sylva Senat is redefining the classic American hamburger with international flavors. Its ahi tuna bun, for example, comes on a bao bun with guac, chili mayo, sesame seeds and sesame oil. Yum!

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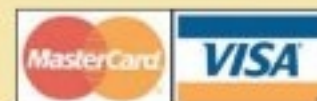
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All about Lagom

"Lagom: The Swedish Art of Living a Balanced, Happy Life," gives us tips on how to embrace Lagom where we live.

home

Keep it minimalist-cozy

"Our home environment affects our stress levels — after all, it's where we start and end our day," says Brantmark. Following the philosophy of Lagom, the home will strike the right balance of being "neither too spartan, nor overdone."

In a typical Swedish home, the walls will be white or light gray to allow for natural light to "create a tremendous sense of calm," she explains.

But you want to make sure where you live still feels comfy and inviting. "Be sure to use plenty of natural materials and textures, such as wood, glass, clay as well as cozy blankets and flickering candles to create a sense of equilibrium," Brantmark advises.

Greening your living space with plants will also help create a calming and restorative environment.

Declutter

Lagom shares the philosophy behind Marie Kondo's "The Life Changing Magic of Tidying Up": Get rid of anything you don't use or love.

When it comes to furniture, Brantmark suggests picking out items that combine form with function, and the old and the new — think, IKEA meets a secondhand steal.

But don't overcrowd your furniture: "By setting single items apart,

it gives them breathing space and you are more easily able to see the beauty in them."

Don't deny yourself Striking a balance is the key here, so

you don't have to go to extremes exercising restraint, says Brantmark. Feel free to indulge your whimsy every now and then with a dramatic wallpaper or a loud statement piece.



A home decorated the Lagom way strikes the perfect balance of cozy and minimalist. FACEBOOK.COM/MYSCANDINAVIANHOME

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How do you decorate your home the Lagom way, the Swedish term for balance and moderation.



You've likely heard all about Hygge, the trendy Danish term for coziness that has dominated lifestyle content in recent years. Here's another Scandinavian principle that's gaining appeal stateside: Lagom. The Swedish philosophy,

which translates into "not too little, not too much," is all about how to slow down and live a more balanced life — and who can argue with that?

You can adhere to Lagom throughout all aspects of your life, whether it's taking regular coffee breaks at work — called "fika," in Swedish — or allowing yourself a full, restful vacation. And it can also influence how you organize your home. Niki Brantmark, creator of the interior-design blog "My Scandinavian Home" and author of

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24 1/4 x 57 1/2	28 1/4 x 61 1/2	31 1/4 x 61 1/2	39 1/4 x 45 1/2
24 1/4 x 61 1/2	28 1/4 x 65 1/2	31 1/4 x 65 1/2	39 1/4 x 53 1/2
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NFL power rankings | by Luke Miller

No. 1

Chiefs 4-0 (W vs. WAS)

We're through just four games, and Kareem Hunt has 140 more rushing yards than any other NFL player, and the Chiefs are already the last undefeated team standing. It was their defense that helped seal the deal Monday night.



No. 2

Bills 3-1 (W vs. ATL)

With victories over the Broncos and in Atlanta, this team is shooting light years above where anyone thought they'd be this season after an off-season of departures. With Jordan Matthews departing the game and out at least a month with a thumb injury the Bills will have to dig even deep to find offense.

No. 3

Broncos 3-1 (W vs. OAK)

Big bounce back by the Broncos after a disappointing road defeat to Buffalo that suddenly, doesn't look that shocking. Jamaal Charles is thriving in a change-of-pace role and the defense continued the embarrassment of Oakland's offense that Washington began last Monday night.

No. 4

Lions 3-1 (W at Min)

The Lions stepped right back up to the plate after their disappointing loss to the Falcons. This is a different Detroit team than we've seen in a lot of recent years: intent on holding onto the football, running it, and winning that way before resorting to an explosive shootout.

No. 5

Packers 3-1 (W vs. CHI)

Against their rivals the Bears, the Packers after they jumped to a 14-0 lead based around two forced fumbles this past Thursday. The passing game didn't have to do much on this night, but Devante Adams' touchdown was paired with two for Jordy Nelson and one for Randall Cobb.

No. 6

Falcons 3-1 (L vs. BUF)

The bye week couldn't come at a better time for Atlanta after losing Julio Jones and Mohamed Sanu to injury during their home loss to the surprising Bills. The Falcons have faced some tough opponents early this season, and remain the only team to defeat Green Bay and Detroit.

No. 7

Eagles 3-1 (W vs. LAC)

Eagles fans turned out in droves for the team and Carson Wentz in Carson, California. LeGarrette Blount staked his claim to the running back job whenever the Eagles are interested in running it, turning in a 136-yard day in Sunday's win against the Chargers.

No. 8

Steelers 3-1 (W vs. BAL)

The Broncos aren't the first team to blow a game going West to East at 1 p.m. They'll be back in more comfortable confines next week facing the Raiders at home. A win their would signal to Oakland and the Chiefs that not only are the Broncos back, they never really left.

No. 9

Panthers 3-1 (W at NE)

No better time than the present to hang 444 total yards and 4 touchdowns (360 yards and all of scores courtesy of Cam Newton) on what's quickly become the league's punching bag of a defense. That last bit doesn't make holding off a Pats comeback in New England any less impressive.

No. 10

Rams 3-1 (W vs. DAL)

What a game for Greg Zuerlein, going 7-for-7 on field goals, including four from further than 40 yards. Of course what that also means is the Rams went 1-for-4 in the red zone when it came to scoring touchdowns. Their other score was a 53-yard Todd Gurley reception.

Best of the rest

- 11 — Texans (2-2)
- 12 — Patriots (2-2)
- 13 — Washington (2-2)
- 14 — Cowboys (2-2)
- 15 — Buccaneers (2-1)
- 16 — Saints (2-2)
- 17 — Raiders (2-2)
- 18 — Seahawks (2-2)
- 19 — Vikings (2-2)
- 20 — Titans (2-2)
- 21 — Jets (2-2)
- 22 — Cardinals (2-2)
- 23 — Jaguars (2-2)
- 24 — Bears (1-3)
- 25 — Ravens (2-2)

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2017-18 NHL Preview: Are the Oilers set to take over?

Metro takes a shot at predicting the upcoming NHL season, its biggest stars and its best teams.



JOE PANTORNO
@JoePantorno
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Lace up those skates, kids, it's time for hockey season.

The 2017-18 NHL season starts up on Wednesday night with four games, including the Stanley Cup champion Pittsburgh Penguins beginning their title defense with a banner raising before taking on the St. Louis Blues.

Thursday night signals the start for the New York Rangers as they're at home to face the Colorado Avalanche while the cross-town



Edmonton Oilers captain Connor McDavid is one of the league's best players and he isn't even 21 years old. GETTY IMAGES

rival Islanders get their season started in Columbus on Friday against the Blue Jackets.

On that same night,

the league officially welcomes its newest team, the Vegas Golden Knights as they visit the Dallas Stars for their

first-ever regular season game.

All the while, hockey fans will be sure to keep an eye out for its largest

stars like Edmonton Oilers youngster Connor McDavid, who recorded a 100-point season as a 20-year-old on his way to league MVP honors.

Still four months away from his 21st birthday, the Canadian center is expected to continue his ascent in becoming the face of the NHL.

It will surely be another entertaining season, though there might be a few calls for some more parity in the league. In the past nine years, we've only seen four different Stanley Cup winners (Blackhawks, Kings, Bruins, Penguins).

Here is how I think the season will pan out:

The teams
Eastern Conference Finals
Penguins over Lightning

Western Conference Finals
Oilers over Ducks
Stanley Cup Finals
Oilers over Penguins

The players
Norris Trophy
(Best defenseman)

Erik Karlsson, Senators

Vezina Trophy
(Best goalie)

Carey Price, Canadians

Calder Trophy
(Top rookie)

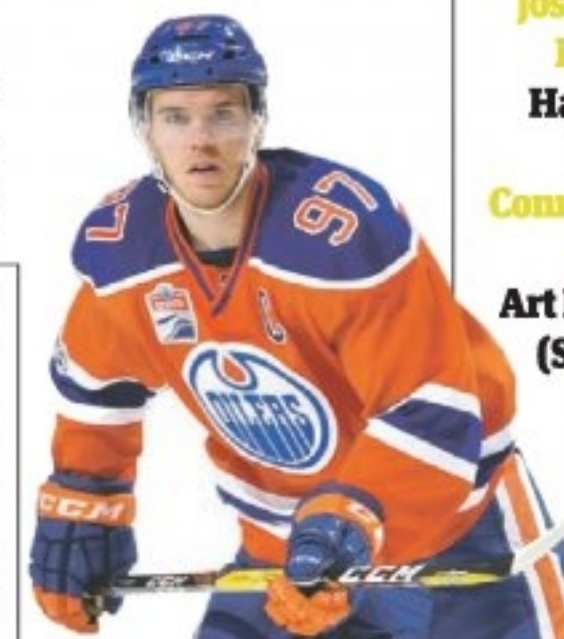
Josh Ho-Sang, Islanders

Hart Trophy
(MVP)

Connor McDavid, Oilers

Art Ross Trophy
(Scoring title)

Connor McDavid, Oilers



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Flyers finally go young, will start 2017-18 season with five rookies



Will defenseman Shayne Gostisbehere be healthy enough to go in the opener, Wednesday at 10:30 in San Jose? GETTY IMAGES

In all, the Flyers will dress 11 players in their Wednesday season opener with less than three years of NHL experience.

ERIC GOLDSTEIN
@EricEsponda
sports@metro.us

It took an extra day, but Flyers general manager Ron Hextall put the finishing touch on the team's roster for the 2017-18 season. Late Monday night, he placed veteran forward Matt Read on waivers to get from 24 players to the mandatory 23 by Tuesday's deadline.

The 24-hour delay was tied to the uncertain status of defenseman Shayne Gostisbehere, who suffered an upper body injury during the third period of Sunday's preseason finale against the Islanders. In case Gostisbehere is not available for Wednesday's regular season opener in San Jose, Hextall will carry eight defensemen instead of seven as insurance.

It means highly-touted rookie defensemen Robert Hagg, Travis Sanheim and Sam Morin made the team. Hagg learned on Sunday he earned a spot, while Sanheim and Morin have not yet been given any long-term confirmation and one of them could be sent to the Phantoms when Gostisbehere returns.

Nolan Patrick, the team's No. 2 pick in the draft last June, also received official word on Sunday he will line up with Flyers against the Sharks, as will rookie left wing Taylor Leier.

It's the first time since 1992, when Eric Lindros

made his debut, that the Flyers will start the season with five rookies.

"We are going to have a number of rookies," Hextall said. "We expect them to make big contributions."

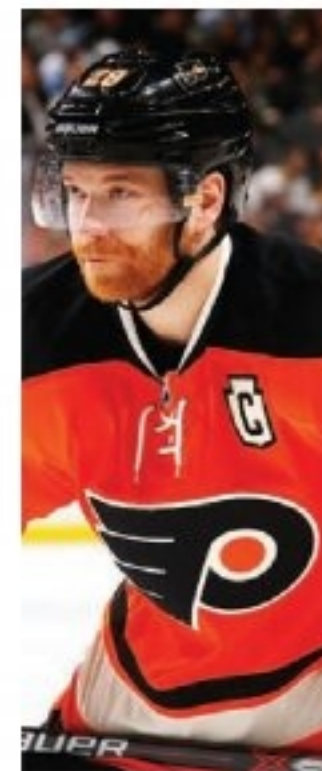
The Flyers aren't just stocked with a boatload of first-year players. Travis Konecny, Ivan Provorov, Jordan Weal and Scott Laughton, who is back with the Flyers after spending last season in the American Hockey League, will each begin their sophomore year, while Brandon Manning and Gostisbehere are entering their third year – but neither has played a full two seasons.

In all, that's 11 players beginning the year with less than three years of NHL experience.

The much-anticipated arrival of the prospects, many of whom were high first-round draft picks, will no doubt inject energy and excitement to the lineup. However, fans must also caution that a team with as many rookies opens itself up to some serious growing pains.

Young players, although fun to watch, make mistakes and take time to develop. Remember, Konecny flashed salivating skill at times but still finished with just 11 goals and 17 assists in 70 games last year. Before he was anointed the Flyers No. 1 defenseman last spring, even Provorov struggled through his first couple of months.

So, expect each one of the Flyers' rookies to learn some hard lessons once the games start to count despite some impressive performances in September.



Claude Giroux GETTY IMAGES

Flyers' Giroux will embrace move to left wing

Claude Giroux admitted he thought his move to left wing from center, the position he has played the last seven years, was a preseason experiment. The Flyers captain is taking the situation more seriously now.

When the Flyers open the 2017-18 regular season Wednesday in San Jose, Giroux is slated to line up on the left side of center Sean Couturier and right wing Jake Voracek – and has embraced the new role.

"I think just playing with the players that I'm playing with [makes it exciting]," Giroux said. "They make plays. They're smart players. Hopefully our chemistry keeps building."

Giroux is also hoping the shift is a catalyst to reverse a trend of declining production over the last three years. Since posting 86 points in 2013-14, he has finished with 73, 67 and 58 points, respectively.

The strategy is that at wing Giroux has less responsibility on defense and can take more risks on offense.

"It was actually a lot of fun," Giroux said early in camp. "It's not like I'm against it or I'm not happy with it. I'm up for it if it makes the team better."

The Flyers are banking that it makes Giroux better as well. ERIC GOLDSTEIN

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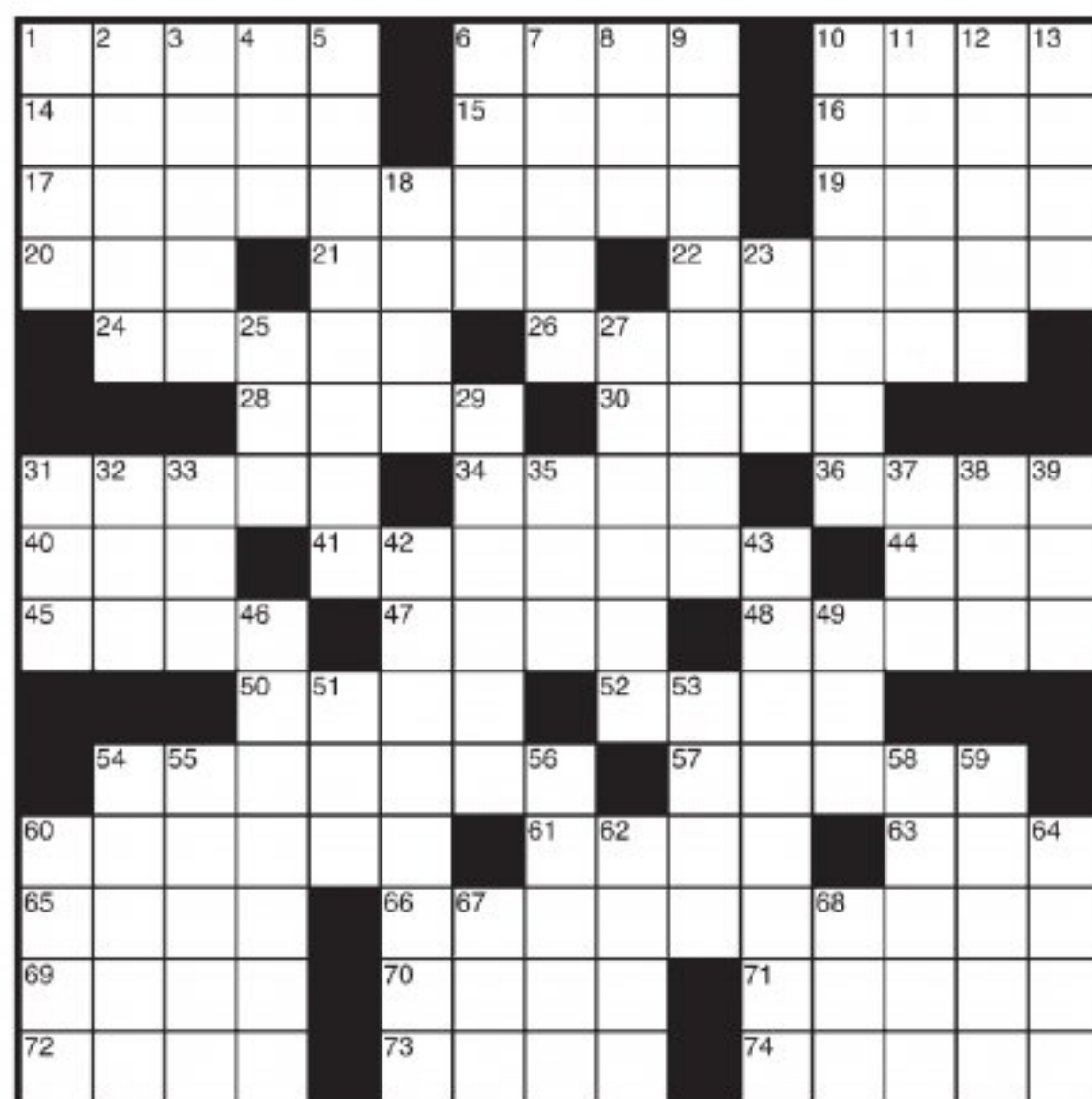
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EXCLUDES ALL: Deals of the Day, Doorbusters, Everyday Values (EDV), Last Act, Macy's Backstage, specials, Super Buys, athletic clothing/shoes/accessories, baby gear, reg.-price china/crystal/silver, cosmetics/fragrances, designer handbags, designer jewelry/watches, designer sportswear, furniture/mattresses, gift cards, jewelry trunk shows, select licensed depts., men's store electronics, previous purchases, restaurants, rugs, services, smart watches/jewelry, special orders, special purchases, select tech accessories, toys, 3Doodler, American Rug Craftsmen, Apple Products, Ashley Graham, Avec Les Filles clothing, Barbour, Brahmin, Breville, Brooks Brothers Red Fleece, COACH, Demeyere, Destination Maternity, Dyson, Eileen Fisher SYSTEM, Fitbit, Frye, Hanky Panky, Jack Spade, Judith Leiber, Karastan, kate spade new york, Kenneth Cole shoes, KitchenAid Pro Line, Le Creuset, Levi's, littleBits, Locker Room by Lids, Marc Jacobs, select Michael Kors/Michael Michael Kors, Michele watches, Miyabi, Movado Bold, Natori, Nike swim, Original Penguin, Panache, Rimowa, Rudsak, Sam Edelman, Shun, Spanx, Staub, Stuart Weitzman, Tempur-Pedic mattresses, The North Face, Theory, Tommy John, Tory Burch, Tumi, UGG®, Vans, Vitamix, Wacoal, Wolford & Wüsthof; PLUS, ONLINE ONLY: kids' shoes, Allen Edmonds, Birkenstock, Hurley, Johnston & Murphy, Merrell, RVCA & Tommy Bahama. Cannot be combined with any savings pass/coupon, extra discount or credit offer except opening a new Macy's account. Dollar savings are allocated as discounts off each eligible item, as shown on receipt. When you return an item, you forfeit the savings allocated to that item. This coupon has no cash value and may not be redeemed for cash or applied as payment or credit to your account. Extra savings % applied to reduced prices. Extra savings % applied to reduced prices.

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